



Family Approach and Spirituality to Support Drug Abuser Recovery

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Abstract: Indonesia is in a state of drug emergency, characterized by a high level of vulnerability and related crimes. Moreover, victims of drug abuse required assistance to recover from their substance abuse issues. **Objective:** The aim of this study was to analyze the influence of a family approach and spiritual experiences on the recovery process of individuals addicted to drugs in recovery centers in Medan. This research adopted a quantitative approach with cross-sectional design. A sample of 120 drug abusers was recruited using purposive sampling technique. Data was collected through questionnaires consisting of 20 items on the family approach, 20 items on spiritual experiences, and 32 items on drug use issues. Multiple linear regression analysis was conducted to examine the data. The findings revealed a significant influence of the family approach ($p=0.024$) and spirituality ($p=0.000$) on the improvement of the recovery process of individuals addicted to drugs undergoing recovery in Medan recovery centers. Most of them (55%) are in the state of contemplation. It is expected that the government maintain synergy and support the management of drug recovery centers, as well as social workers who have concern about drug abuse, along with families and the broader community, in order to effectively address this issue.

Keywords: Drug abuse; Family approach; Spiritual experiences; Recovery of drug abuser

Introduction

The use of psychoactive substances has become a global issue. A survey conducted by the United Nations Office on Drugs and Crime (UNODC) found that in 2008, approximately 155 to 250 million people between the ages of 15 and 64 had used illegal substances at least once. In 2014, UNODC reported that one in twenty adults consumed a type of substance and resulted in a total of 201,400 fatal cases (UNODC, 2016). UNODC also noted that approximately 13.8 million (5.6%) individuals aged between 15 and 16 have used cannabis (UNODC, 2019).

The spread of drug or substance abuse has infiltrated nearly all levels of society and communities. The misuse and trafficking of substances have become hot topics of discussion in various forums; however, determining appropriate methods and strategies for

addressing this issue remains a complex task. Currently, both national and international stakeholders are paying serious attention to the problem of substance abuse and illicit drug trafficking (BNN, 2020). Indonesia is currently facing a state of emergency regarding substance abuse, with a high level of vulnerability associated with the misuse of drugs. The issue of substance abuse is a humanitarian problem that has multidimensional destructive impacts. This alarming emergency continues to escalate over time. In fact, there is almost no region that is unaffected by the problem of substance abuse (BNN, 2022).

The greatest detriment caused by the issue of substance abuse and illicit drug trafficking is the erosion of individuals' character, which consequently weakens the resilience of society and lays the foundation for the destruction of a nation. Faced with such a complex situation, the Indonesian government continues to

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enhance and develop a comprehensive and sustainable system for addressing the problem of substance abuse. This includes optimizing the roles of all available resources, such as enhancing community-based social recovery, medical recovery, government-managed recovery programs (BNN), as well as aftercare services. Additionally, campaigns against substance abuse, awareness-raising initiatives, empowerment efforts, and law enforcement against drug offenders are being intensified (BNN, 2022).

Many individuals undergoing recovery from substance abuse demonstrate that they have chosen to discontinue their drug use because they desire a better life. The path to recovery is a challenging and intense journey for most individuals. This is evident from various studies that primarily focus on the outcomes of individuals undergoing substance abuse recovery. One such study conducted by Laudet, Keith and William (2006) examining stress and quality of life as factors influencing recovery. The researcher employed structural equation modeling to test the hypothesis that social support, spirituality, life meaning, and 12-step affiliation could reduce stress and enhance life satisfaction. The findings indicated that these factors indeed had the potential to reduce stress and increase life satisfaction during the recovery process. In addition, a study by Wahyu (2015) provided findings that support the research hypothesis, indicating that there are multiple factors influencing the recovery process in recovery programs, with one significant factor being the family approach.

Furthermore, the spiritual approach has also shown a positive influence on recovery from substance abuse. Research has demonstrated that spiritual methods can restore the essence of humanity, promoting faith and piety through worship, fostering a greater love for family and friends, and providing strength to resist cravings and relapse into substance abuse (Noegroho et al., 2018), spiritual therapy has the potential to facilitate the recovery of individuals on physical, mental, emotional, and spiritual levels (Salsabilah, 2020), and spiritual interventions can have beneficial implications for mental health (Maulana, 2019).

From the interview with the Director of Rumah Kita, Rosmaida (Personal Communication, 2022) explained that issues faced by recovering substance abuse individuals at Rumah Kita Recovery Center for Substance Abuse victims are highly complex. These issues encompass physical problems, such as HIV-positive cases, mental challenges characterized by disrupted thought patterns, spiritual concerns where individuals lack a sense of purpose and have forgotten their faith in God, and social difficulties, including strained relationships with their families to the point

where trust is lost, as well as problems with the local community.

Based on the aforementioned phenomenon and the limited research conducted thus far on the study of substance abuse recovery in Medan recovery centers from both the perspectives of family approach and spirituality, the researcher was interested in conducting this study with the aim of analyzing the effectiveness of the family approach and spiritual experiences for individuals with substance addiction in the recovery process at recovery centers in the city of Medan.

Method

The type and design used in this study were a non-experimental quantitative method with cross-sectional design. The research utilized questionnaires to analyze the influence of the family approach and spiritual experiences on drug addiction recovery at the recovery centers for substance abuse victims. The research was conducted at three recovery centers, namely Rumah Kita located at Kompleks Perumahan Kejaksaan, Jl. Bougenvile Dalam No. 1A, Pusat Perawatan dan Pemulihan Adiksi, Caritas PSE KAM Jl. W.R. Supratman Lubuk Pakam I-II, and IPWL Bukit Doa Taman Getsemani Jl. Tuntungan Golf No. 120. The research took place from November 2022 to December 2022, encompassing the distribution of questionnaires to the respondents in the field and the subsequent discussion of the results.

The population in this study consisted of all residents undergoing recovery at the recovery centers. The study utilized purposive sampling technique, resulting in the following sample: 23 individuals from Rumah Kita, along with 25 residents who had completed the program but maintained communication with Rumah Kita, 38 residents from Recovery center of Caritas PSE currently undergoing the program, and 34 residents from recovery center of Bukit Doa Taman Getsemani undergoing recovery. Hence, the total sample size for this study was 120 individuals.

The data collection method in this study involved the use of questionnaires. The variable of family approach was assessed using a 20-item questionnaire with a Likert scale measurement. The response options ranged from 1 (Yes) to 3 (No, Don't Know). The variable of spiritual experience was assessed using a 14-item questionnaire with a Likert scale measurement. The response options ranged from 1 (Always) to 4 (Never). The variable of drug addiction recovery was assessed using a 32-item questionnaire with a Likert scale measurement. The response options ranged from 1 (Strongly Disagree) to 5 (Strongly Agree).

The analysis used in this study involved correlation analysis and multiple linear regression analysis using

SPSS software. The results of the analysis were presented using tables and discussed accordingly. Following the discussion of the research findings, conclusions were drawn, and recommendations were provided based on the study's outcomes

Result and Discussion

Table 1. Respondent Profile based on Age, Education, Occupation, Duration of Recovery, Family Approach, Spiritual Experience, and Recovery Characteristics

No	Age (years)	Total	Percentage
1	≤ 20	4	3%
2	21-30	48	40%
3	31-40	51	43%
4	41-50	14	12%
5	≥ 51	3	3%
No	Education	Total	Percentage
1	Elementary	19	16%
2	Junior High	27	23%
3	Senior High	63	53%
4	Community College	5	4%
5	Undergraduate	6	5%
No	Occupation	Total	Percentage
1	Unemployed	56	47%
2	Office Worker	14	12%
3	Student	11	9%
4	Civil Servant	2	1%
5	Farmer	4	3%
6	Entrepreneur	33	28%
No	Duration of Recovery (month)	Total	Percentage
1	≤ 3	8	7%
2	4 - 6	54	45%
3	7 - 9	26	22%
4	10-12	29	24%
5	> 12	3	3%
No	Family Approach	Total	Percentage
1	Poor	0	0%
2	Moderate	28	23%
3	Good	92	77%
No	Spiritual Experience	Total	Percentage
1	Poor	0	0%
2	Moderate	1	1%
3	Good	37	31%
4	Excellent	82	68%
No	Recovery Characteristics	Total	Percentage
1	Precontemplation	36	30%
2	Contemplation	66	55%
3	Action	18	15%
4	Maintenance	0	0%
	Total	120	100%

From Table 1, Illustrates that out of the 120 respondents, the majority fall within the age group of 31-40 years, comprising 51 individuals (43%), while the smallest group is above 51 years old, consisting of 3

individuals (3%). In terms of education, the majority have completed senior high school or equivalent, with 63 individuals (53%), while the minority have a community college level of education, totaling 5 individuals (4%). Regarding occupation, the majority of respondents are unemployed, comprising 56 individuals (47%), while the smallest group consists of civil servants (PNS), with 2 individuals (1%). Based on the duration of recovery, the majority of respondents fall into the category of 4-6 months, totaling 54 individuals (45%), while those with a recovery period exceeding 12 months amount to 3 individuals (3%). In terms of family approach, the majority of respondents receive good family support, totaling 92 individuals (77%), while in terms of spiritual experiences, the majority of respondents have had excellent spiritual experiences, amounting to 82 individuals (68%). Lastly, based on the characteristics of recovery from substance abuse, the majority of respondents are in the contemplation stage, comprising 66 individuals (55%).

Validity and Reliability Test

The research instrument for the variables of family approach, spiritual experience, and drug addiction recovery has met the requirements of validity testing. The total score Pearson Correlation values for each instrument are above 0.30, and they have a significance value less than 5% (0.05). Therefore, the instruments are deemed suitable for measuring the respective variables. The reliability testing for each instrument has shown values above 0.60, as indicated by the Cronbach's Alpha results. Hence, it can be concluded that all instruments have met the reliability requirements.

Coefficient of Determination Test (R^2)

Table 2. Multiple Linear Regression Analysis

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.475 ^a	.226	.212	17.47474

Table 2 displays an R-Squared value of .475. This value can be interpreted as indicating that the family approach and spiritual experience variables account for 47.5% of the variance in substance addiction recovery, while the remaining 52.5% is influenced by other factors not explained in this study.

F-test (simultaneous)

Table 3. F-test Analysis (ANOVA)

Model	df	Mean Square	F	Sig.
1 Regression	2	5205.445	17.047	.000 ^b
Residual	117	305.367		
Total	119			

Table 3 shows the Prob (F-statistic) value of 0.000, which is less than 0.05. Therefore, we reject the null hypothesis (H0) and accept the alternative hypothesis (H1), indicating that the variables "Family Approach" and "Spiritual Experience" together have a significant effect on substance abuse recovery

t Test (Partial)

Table 4. Partial t-Test Analysis

Model	Standardized Coefficients	t	Sig.
	Beta		
1 (Constant)		1.915	.058
PKtot	.197	2.280	.024
PStot	.370	4.278	.000

Based on Table 4, the partial t-test results show that for the variable "Family Approach" towards "Substance Abuse Recovery", the p-value is less than the significance level (0.05), i.e., $0.024 < 0.05$. This indicates that the "Family Approach" has a positive and significant effect on "Substance Abuse Recovery". Similarly, for the variable "Spiritual Experience" towards "Substance Abuse Recovery", the p-value is less than the significance level (0.05), i.e., $0.000 < 0.05$. This suggests that "Spiritual Experience" has a positive and significant effect on "Substance Abuse Recovery".

Characteristics of Recovery in Individuals with Substance Abuse

From the research findings, it was found that out of the 120 respondents, 36 individuals (36%) were in the precontemplation stage. In this stage, there is no intention to change. Individuals in this stage tend to defend and justify their substance use behavior. They still require external assistance to initiate change. According to the research, those in this stage are typically new to the recovery process. They usually enter recovery due to family pressure, referral from the National Narcotics Agency (BNN), or intervention from the police. The duration of their recovery is still relatively short, so the therapy provided in the recovery program has not been fully explored and reflected upon.

Based on the research findings, out of the 120 respondents, 66 individuals (55%) were in the contemplation stage, which is the highest stage. In this stage, respondents become more aware of the problem and start considering making a change. Respondents in this stage have already undergone several months of drug recovery. The therapy they have received during these months has started to alter their thought patterns. They have begun to weigh the positive and negative aspects of their lives so far. In the contemplation stage, they require assistance to address any lingering doubts

and make informed choices about the appropriate changes to address their current situations.

Based on the research findings, out of the 120 respondents, 18 individuals (15%) were in the action stage. Respondents in this stage are nearing the completion of their program and have developed a strong sense of self-confidence that they can change their behavior. They actively modify their habits and environment. They make drastic lifestyle changes and are prepared to face challenging situations. In this stage, respondents have developed plans to cope with both internal and external pressures. They are ready to reintegrate into their families while seeking support from others to implement change strategies and learn to prevent relapse.

The Influence of Family Approach on Substance Abuse Recovery

The approaches and family support received by drug abusers in recovery centers in Medan vary, but most of them receive very high levels of family approach. This is because the majority of respondents come from Medan, allowing their families to provide approaches, support, and interact with them during their recovery process. Additionally, it is common for respondents undergoing recovery in Medan to do so based on their families' willingness, without prior discussion with the respondents themselves, and often due to the involvement of the police and the National Narcotics Agency (BNN). Initially, their entry into recovery centers in Medan was not driven by their own desire to recover, but rather by their families' wishes. The regulations in recovery centers in Medan emphasize the importance of family approach, presence, and support as a collaboration between the families and the recovery centers. This is emphasized when the respondents are first brought to the drug recovery centers in Medan. Given this background, the family approach and support are quite effective in the recovery process.

The research findings indicate that family approach has an influence on substance abusers in the Recovery Centers in Medan, meaning that the higher the approach and support provided by the family to the abusers, the better the recovery process for these individuals. From the interviews conducted by the researcher with several staff members at the recovery center in Rumah Kita, it was found that the higher the family approach and support in various forms, such as visiting the respondents at the recovery center, paying administrative fees and other needs, forgiveness and reconciliation, discussing together about the strengths, weaknesses, and opportunities for the respondents' lives after completing the recovery process at the recovery

center, the more motivated and confident the abusers become in undergoing the ongoing recovery process.

Family approach in the recovery process program can significantly strengthen the outcomes of substance abuse therapy for individuals with substance abuse disorders. The involvement and support of the family are crucial in reinforcing and sustaining the recovery of substance abusers, as family members have been with the abusers prior to therapy and will continue to be with them after completing the treatment (BNN, 2018). This research indicates a significant influence of family approach on the improvement of substance addiction recovery. Residents who receive support and approach from their families show noticeable improvements in their recovery program. On the other hand, residents who lack family support and approach tend to exhibit less visible changes. The family approach provides motivation for residents participating in the recovery program. The involvement of family members in providing support and approach is crucial to ensure that residents do not feel alone in facing their challenges. The presence of family creates a sense of comfort and reduces anxiety among residents. Family approach can take various forms, such as visiting the recovery center, providing financial support for administrative expenses and other needs, maintaining communication, seeking forgiveness and reconciliation, and discussing strengths, weaknesses, and future opportunities after completing the recovery program, preparing them to face the outside world with good health, free from drugs, and being productive. The family approach strengthens residents throughout the recovery process and during the post-recovery period. Therefore, the support and approach of the family play a vital role in the recovery process for drug abuse victims (Amri et al., 2016; Mulia Sari et al., 2021; Prakoso, 2018; Rahmadhayanti & Safrudin, 2021; Winata et al., 2022).

The Influence of Spiritual Experience on Substance Abuse Recovery

Based on the univariate analysis, it is evident that the majority of drug abusers in the recovery center in Medan have had excellent spiritual experiences, accounting for 82 respondents (68%). Additionally, 37 respondents (31%) reported having good spiritual experiences, while only 1 respondent (1%) reported having a fair spiritual experience. None of the respondents reported having poor spiritual experiences. These findings are supported by the fact that each recovery center included in the study incorporates spiritual and religious sessions (Naili, 2020). During these sessions, individuals are guided and assisted in practicing their religious rituals and beliefs, and they also engage in reflective contemplation.

One of the tools needed by drug abusers is meditation or contemplation. In the recovery centers in Medan, meditation or contemplation activities are already implemented on a daily basis. Meditation is a practice aimed at training and enhancing awareness, enabling individuals to have better control over their minds. Typically, meditation is conducted in the evening, allowing individuals to reflect on their activities throughout the day. The purpose is to differentiate between good and bad deeds, identifying actions worth maintaining and those that should be abandoned. This practice aligns with the findings of previous research (Naili, 2020).

Based on interviews with the responsible staff of the spiritual sessions at Rumah Kita, it was found that spiritual sessions are conducted three times a week. For religious practices, residents engage in daily worship according to their respective faiths. During the spiritual sessions, values such as honesty are instilled because drug abuse often leads to a loss of integrity, causing individuals to engage in deceitful behavior, wear masks, and pretend, among other things. By emphasizing the value of honesty, the foundation for transforming and renewing their lives is established, bringing them closer to God. Goodness is also emphasized since active drug abuse erodes the capacity for kindness and doing good deeds. Love and compassion are considered the basis of a fulfilled life. By cultivating love and compassion, residents become less prone to jealousy and are capable of loving themselves and others again. Through the cultivation of these values, they become more forgiving, able to forgive themselves, forgive those who have wronged them, and forgive their past actions.

Generosity and gratitude are reintroduced, fostering generosity towards others and cultivating gratitude, as drug abuse often leads to selfishness and self-centeredness. Openness is encouraged, as during active drug abuse, individuals become closed off and suspicious of others. Humility is also instilled, enabling them to acknowledge their weaknesses and strengths. In these sessions, it is emphasized that they are never alone, as they are guided by a higher power they believe in as God. The importance of prayer and meditation is emphasized as a means to rediscover inner peace. Prayer brings balance, a sense of security, and guides them towards certainty in overcoming the chaos around them.

During the spiritual sessions, a vision for their lives is also explored, providing guidance and direction for their steps forward. Through the cultivation of these values, they regain awareness of the extent to which their lives have been destroyed—distanced from themselves, their families, their peers, and even from God. With this newfound awareness, they develop the intention and ability to rise from the depths of their addiction and reclaim their lives.

A study by Maulana (2019) with the title "Spiritual as Mental Health Therapy: A Perspective from the Interpretation of Al-Quran (A Case Study on the Recovery of Drug Abuse Victims at Madani Mental Health Care, Jakarta)" explains that based on literature review, field studies, and the description of the interpretation of Al-Quran, spiritual intervention can have implications for mental health, especially for victims of drug abuse in Madani Mental Health Care Recovery Center in Jakarta. This is also supported by research findings of Salsabilah (2020) With the title "Strategies for Spiritual Guidance for Drug Addicts in the Recovery Institution of Bahrul Maghfiroh Mangalang Mandatory Reporting Recipients," the research concluded that spiritually-based recovery enables drug addicts to have a healthier body, a sound mind, increased self-confidence, and the ability to respect one another even without the use of drugs. They become capable of gratitude for what they currently have and are less prone to emotional instability. They always rely on God and make spirituality the primary foundation for finding happiness, no longer relying on drugs as a source of happiness. Religion is an integral part of human life, as it governs the moral values of its followers. Therefore, the role of religion in the recovery from drug addiction is crucial. The foundation of faith and devotion acts as a shield during the recovery process, preventing relapses into drug abuse (BNN, 2017).

Research Implications

From the results of this research, it was found that both family approach and spiritual experience have a significant influence in improving the success of drug addiction recovery process. Conversely, the lower the family approach and spiritual experience, the lower the success experienced in the addiction recovery process. The family approach and spiritual support significantly affect the recovery from drug addiction, although in this study it only accounts for 47.5%. The remaining 52% is influenced by other factors that are not explained in this study. From the results of several studies, it is found that there are other factors that also influence the recovery from drug addiction, including role models that can be emulated. When individuals see recovered drug users who no longer consume drugs, are healthy, live a normal and productive life, they become role models to be followed. Strong internal motivation serves as encouragement to recover. Internal motivation refers to perceptions and cognitions expressed through personal statements related to behavioral change, such as "I will not consume drugs anymore." Positive peer pressure can exert a strong influence to refrain from abusing drugs. Good mental health conditions enable individuals to value themselves, cope with life pressures in a healthy

manner, and understand the meaning and purpose of life. Having a job to meet their living needs and a supportive social environment also contribute to their recovery.

The limitations of this research include the generalization of research results, as the researcher is aware that there may be other independent variables that influence the drug addiction recovery process in the respondent group. The researcher also encountered challenges in the research process, such as difficulties in obtaining respondents and ensuring the seriousness of respondents in completing the questionnaires. However, the strength of this research lies in the relatively large sample size from three recovery centers in Medan.

Conclusion

This research demonstrates that there is a significant influence of family approach on the success of the drug addiction recovery process among individuals undergoing recovery at recovery centers in Medan. It shows that families who consistently provide support and approach their family members participating in the recovery program through visits, facilitating their needs, paying administrative fees, reconciliation, and discussing post-recovery plans will contribute to an increase in the success of the recovery program.

There is also a significant influence of spirituality on the success of the drug addiction recovery process among individuals undergoing recovery at recovery centers in Medan. It can be concluded that individuals with a high level of spirituality, by cultivating and practicing values such as honesty, kindness, love, generosity, gratitude, openness, humility, and through prayer and meditation, will have a higher success rate in the recovery program and will be able to abstain from drug use.

Individuals with substance abuse in recovery centers in Medan are predominantly in the Contemplation stage. The characteristics of drug addicts undergoing recovery in drug recovery centers in Medan still vary, influenced by factors such as the duration of the recovery process, family approaches, and spiritual experiences of the residents. The findings of this research can be used as considerations for providing and further improving family approaches and spiritual experiences, as well as seeking additional support in providing therapy during the recovery process for the management of recovery centers in Medan.

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Contribution Author

Frans Judea Samosir: Collected research data and prepared manuscript drafts. Ali Napih Nasution: Ermi Girsang, Imelda Lingga Director and final aligner of the manuscript

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Conflict of Interest

There is no conflict of interest in this study

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